
“Festive Family Thanksgiving Cookbook”

Brussels Sprouts With Balsamic Vinegar

Serves 8, Preparation time and Cooking Time 20 minutes

1½ pounds of fresh Brussels sprouts

1½ Tbs. olive oil

2 cloves garlic, peeled and
chopped fine

1 cup finely chopped yellow onion

¼ cup balsamic vinegar

1/8 tsp. salt

Trim off the stem and remove any limp leaves from the Brussels sprouts.

Boil Brussels sprouts in salted water with cover for 5 minutes. Remove from heat. Drain .

In a large non stick skillet, heat oil, garlic and onion over medium heat. Sauté a few minutes until the onion becomes tender. Add Brussels sprouts and cook for a few minutes.

Add vinegar and toss so that all Brussels sprouts are coated.

Nutrition Facts Per Serving: 72 Calories, 3 g Total Fat, 27 Calories from Fat, 57 mg Sodium, not a significant source of Saturated Fat or Cholesterol.

Nutrition Tip:

“Balsamic vinegar adds a tangy robust flavor to a traditional holiday vegetable recipes. Use it in salad dressings, pastas, sauces, and vegetables. Try it in a tuna salad instead of mayonnaise or Italian bread instead of butter. Balsamic vinegar is becoming more popular and is now available in your grocery stores.”

Sandy Wales, Health Educator Assistant

